



Andrew Hunter Murdock Barn

We haven't a lot of information about this barn which belonged originally to Andy Murdock who lived on 300 East and First North. The barn set on his property where Florence Nielson lives at 363 East 100 North and was sold to Irwin Hicken and moved to 457 South 500 East in 1936. Ren Wootton rode the top of the barn while it was being moved by two caterpil-

lars. The barn is of red wood and put together with wooden pegs instead of nails.

After the death of the Irwin Hicken, Wayne, his son purchased the property on 500 East and is now the owner of the barn.

In the spring of 1988, there will be here in Wasatch County a Smithsonian Exhibit for six weeks.

The name of that exhibit is "Barn Again". We are taking and collecting barn pictures and short histories of those barns. If you have a barn, let us hear from you and find out if we have a picture of your barn. For more information, call Florine Whiting, 654-0101 or Ray R. Green, 654-1645, or Gloria Montgomery, 654-0528 after 7 p.m.



Cora Briggs, Owner of the Hub Cafe, talks to Lee Rawlings, Wasatch City/County Health Food Safety Inspector about Food Sanitation issues.

Your County Health Board at Work

Cora Briggs represents Wasatch County Food Service Industry on the Wasatch City/County Board of Health. As an Ex-Officio non-voting member of the board she represents local restaurants on issues of concern. Cora Montano Briggs was born in Montrose, CO. She moved to Midway in 1965 and later to Heber in 1966, where she currently lives. She and her husband Brent have two sons who are involved in

safe food and water. We must value our hard won blessings--our food is safe, we still have to make our food safe to pass these blessings to our children. You are here to work together to form partnerships to try to make sure that food doesn't make

people sick. We have to be diligent to meet the challenges of living in a rapidly changing environment with newly identified pathogens and

Cancer: A Preventable

**BY KAREN COLLINS,
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American Institute
for Cancer Research**

A new international report calls for the world to recognize that 60 to 70 percent of all cases could be prevented by healthier lifestyles. While surveys show that many Americans see cancer as a largely uncontrollable disease caused largely by heredity or the environment, the report emphasizes that scientific research supports diet, tobacco avoidance, and physical activity as the keys to lower cancer risk.

The report, commissioned by the American Institute for Cancer Research and based on more than 4500 research studies, states that 30 to 40 percent of cancer around the world - three to four million cases per year - could be prevented by healthier eating, regular exercise and maintenance of a healthy weight. Although a cancer prevention diet may sound overly restrictive, research has proven this is not the case.

Eating more fruits and vegetables is a key component to a cancer prevention, potentially resulting in the reduction of cancer incidence by more than 20 percent. Experts say that by eating at least five moderate